



CHEESE, CHEDDAR, REDUCED-FAT, SHREDDED

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Code: B027

PRODUCT DESCRIPTION

- Reduced-fat cheddar cheese is a U.S. Grade A or better, firm textured yellow cheese. Reduced-fat cheddar cheese contains about $\frac{1}{4}$ to $\frac{1}{3}$ less fat than regular cheese.

PACK/YIELD

- Reduced-fat cheddar cheese is packed in a 5 pound pouch which is about 80 servings, 1 ounce each, of shredded cheese.

STORAGE

- Store unopened packages of reduced fat cheddar cheese in the refrigerator until ready to use.
- After opening, re-wrap cheese tightly in fresh wrap and store in the refrigerator.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

USES AND TIPS

- Serve reduced-fat cheddar cheese directly from the package in sandwiches or on top of salads.
- Use in soups, casseroles, or breads.
- Melt on toast for an easy snack.
- When using as a topping on soups or hot dishes, remove the dish from the heat and then stir in the cheese until melted.

NUTRITION INFORMATION

- 1 ounce of reduced-fat cheddar cheese counts as 1 cup in the Milk, Yogurt, and Cheese Group of MyPyramid. For a 2,000-calorie diet, the daily recommendation is about 3 cups.
- 1 ounce of reduced-fat cheddar cheese provides 25% of the daily recommended amount of calcium.

FOOD SAFETY INFORMATION

- If there is mold on shredded cheese, throw away the package.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: 1 ounce (28g) reduced fat cheddar cheese

Amount Per Serving

Calories	80	Calories from Fat	50
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% Daily Value*

Total Fat 5g	8%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 16mg	5%
Sodium 200mg	8%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 8g	

Vitamin A 4% Vitamin C 0%

Calcium 25% Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

CHEDDAR CHEESE POTATO SOUP**MAKES ABOUT 8 SERVINGS****Ingredients**

- 1 medium onion, chopped
- 4 medium potatoes, peeled and diced (about 4 ½ cups)
- 1 tablespoon margarine
- 3 tablespoons flour
- 4 cups 1% milk
- ¼ teaspoon black pepper
- ½ teaspoon garlic powder
- 1 cup reduced-fat cheddar cheese, shredded

Directions

1. Place onion and potatoes in a pot of water and bring to a boil. Cook 10 minutes or until just soft. Drain well.
2. Melt margarine in a saucepan. Add flour and stir until smooth. Cook 2 minutes. Pour in milk, stirring constantly with a fork.
3. Add potatoes, onions, black pepper, and garlic powder, and cook 10 minutes on medium heat.
4. Remove from heat and stir in cheese until melted.

Nutritional Information for 1 serving (about 1 cup) of Cheddar Potato Soup					
Calories	190	Cholesterol	25 mg	Sugar	7 g
Calories from Fat	70	Sodium	260 mg	Protein	13 g
Total Fat	8 g	Total Carbohydrate	18 g	Vitamin A	128 RAE
Saturated Fat	4.5 g	Dietary Fiber	1 g	Vitamin C	9 mg
				Calcium	410 mg
				Iron	1 mg

Recipe adapted from Recipes and Tips for Healthy, Thrifty Meals.

CHEESY CORN SALSA**MAKES ABOUT 16 SERVINGS****Ingredients**

- 1 can (about 15 ounces) tomatoes, drained
- 1 small onion, chopped
- 1 garlic clove, chopped
- 1 can (about 15 ounces) corn, drained
- ¼ cup lemon juice (or lime juice)
- 2 tablespoons vegetable oil
- ½ cup reduced-fat cheddar cheese, shredded

Directions

1. In a large bowl, add all ingredients and stir well.
2. Cover and refrigerate 1 hour or until ready to serve.

Tip

Serve as a topping for chicken or fish, or as a dip with tortilla chips.

Nutritional Information for 1 serving (about ¼ cup) of Cheesy Corn Salsa					
Calories	60	Cholesterol	5 mg	Sugar	2 g
Calories from Fat	30	Sodium	180 mg	Protein	3 g
Total Fat	3 g	Total Carbohydrate	6 g	Vitamin A	11 RAE
Saturated Fat	1 g	Dietary Fiber	1 g	Vitamin C	4 mg
				Calcium	76 mg
				Iron	1 mg

Recipe adapted from Commodity Supplemental Food Program Cookbook, csfpcentral.org.